APS Skills, Habits, and Mindsets Student Survey SY 25-26

Grades 6-12

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for several months at a time?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

2. If you fail to reach an important goal, how likely are you to try again?

Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
◯	◯	◯	◯	◯

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

Not at all focused	Slightly focused	Somewhat focused	Quite focused	Extremely focused
◯	◯	◯	◯	◯

4. If you have a problem while working towards an important goal, how well can you keep working?

Not well at all	Slightly well	Somewhat well	Quite well	Extremely well
◯	◯	◯	◯	◯

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
◯	◯	◯	◯	◯

Your Current Classes

Please tell us about how you feel about your current teachers and classes.

6. How confident are you that you can complete all the work that is assigned in your classes?

Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
◯	◯	◯	◯	◯

7. When complicated ideas are presented in class, how confident are you that you can understand them?

Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
◯	◯	◯	◯	◯

8. How confident are you that you can learn all the material presented in your classes?

Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
◯	◯	◯	◯	◯

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9. How confident are you that you can do the hardest work that is assigned in your classes?

Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
◯	◯	◯	◯	◯

10. How confident are you that you will remember what you learned in your current classes, next year?

Not at all confident	Slightly confident	Somewhat confident	Quite confident	Extremely confident
◯	◯	◯	◯	◯

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

11. How carefully did you listen to other people's points of view?

Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully
◯	◯	◯	◯	◯

12. How often did you come to class prepared?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

13. How much did you care about other people's feelings?

Did not care at all	Cared a little bit	Cared somewhat	Cared quite a bit	Cared a tremendous amount
◯	◯	◯	◯	◯

14. How often did you follow directions in class?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

15. How well did you get along with students who are different from you?

Did not get along at all	Got along a little bit	Got along somewhat	Got along pretty well	Got along extremely well
◯	◯	◯	◯	◯

16. How often did you get your work done right away, instead of waiting until the last minute?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

17. How often were you polite to adults?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

18. How often did you compliment others' accomplishments?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

19. How often did you pay attention and resist distractions?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
◯	◯	◯	◯	◯

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20. How clearly were you able to describe your feelings?

Not at all clearly	Slightly clearly	Somewhat clearly	Quite clearly	Extremely clearly

21. When you were working independently, how often did you stay focused?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time

22. When others disagreed with you, how respectful were you of their views?

Not at all respectful	Slightly respectful	Somewhat respectful	Quite respectful	Extremely respectful

23. How often did you remain calm, even when someone was bothering you or saying bad things?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time

24. To what extent were you able to stand up for yourself without putting others down?

Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount

25. How often did you allow others to speak without interruption?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time

26. To what extent were you able to disagree with others without starting an argument?

Not at all	A little bit	Somewhat	Quite a bit	A tremendous amount

27. How often were you polite to other students?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time

28. How often did you keep your temper in check?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

29. How well do people at your school understand you as a person?

Do not understand at all	Understand a little	Understand somewhat	Understand quite a bit	Completely understand

30. How connected do you feel to the adults at your school?

Not at all connected	Slightly connected	Somewhat connected	Quite connected	Extremely connected

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31. How much respect do students in your school show you?

No respect at all	A little bit of respect	Some respect	Quite a bit of respect	A tremendous amount of respect
◯	◯	◯	◯	◯

32. How much do you matter to others at this school?

Do not matter at all	Matter a little bit	Matter somewhat	Matter quite a bit	Matter a tremendous amount
◯	◯	◯	◯	◯

33. Overall, how much do you feel like you belong at your school?

Do not belong at all	Belong a little bit	Belong somewhat	Belong quite a bit	Completely belong
◯	◯	◯	◯	◯

34. What can teachers or other adults at school do to better support you?

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For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How often are people disrespectful to others at your school?

Almost never	Once in a while	Sometimes	Frequently	Almost always
○	○	○	○	○

2. How positive or negative is the energy of the school?

Very negative	Somewhat negative	Slightly negative	Neither negative nor positive	Slightly positive	Somewhat positive	Very positive
○	○	○	○	○	○	○

3. How often do students get into physical fights at your school?

Almost never	Once in a while	Sometimes	Frequently	Almost always
○	○	○	○	○

4. How pleasant or unpleasant is the physical space at your school?

Very unpleasant	Somewhat unpleasant	Slightly unpleasant	Neither pleasant nor unpleasant	Slightly pleasant	Somewhat pleasant	Very pleasant
○	○	○	○	○	○	○

5. How likely is it that someone from your school will bully you online?

Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
○	○	○	○	○

6. How fair or unfair are the rules for the students at this school?

Very unfair	Somewhat unfair	Slightly unfair	Neither unfair nor fair	Slightly fair	Somewhat fair	Very fair
○	○	○	○	○	○	○

7. How often do you worry about violence at your school?

Almost never	Once in a while	Sometimes	Frequently	Almost always
○	○	○	○	○

8. At your school, how much does the behavior of other students hurt or help your learning?

Hurts my learning a tremendous amount	Hurts my learning some	Hurts my learning a little bit	Neither helps nor hurts my learning	Helps my learning a little bit	Helps my learning some	Helps my learning a tremendous amount
○	○	○	○	○	○	○

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9. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

Not at all difficult	Slightly difficult	Somewhat difficult	Quite difficult	Extremely difficult
◯	◯	◯	◯	◯

10. How often do your teachers seem excited to be teaching your classes?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

11. At your school, how unfairly do the adults treat the students?

Not at all unfairly	Slightly unfairly	Somewhat unfairly	Quite unfairly	Extremely unfairly
◯	◯	◯	◯	◯

Your Teachers During Class

Please tell us about how much your teachers encourage you to do your best.

12. How often do your teachers make you explain your answers?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

13. When you feel like giving up on a difficult task, how likely is it that your teachers will make you keep trying?

Not at all likely	Slightly likely	Somewhat likely	Quite likely	Extremely likely
◯	◯	◯	◯	◯

14. How much do your teachers encourage you to do your best?

Do not encourage me at all	Encourage me a little	Encourage me some	Encourage me quite a bit	Encourage me a tremendous amount
◯	◯	◯	◯	◯

15. How often do your teachers take time to make sure you understand the material?

Almost never	Once in a while	Sometimes	Frequently	Almost always
◯	◯	◯	◯	◯

16. Overall, how high are your teachers' expectations of you?

Not high at all	Slightly high	Somewhat high	Quite high	Extremely high
◯	◯	◯	◯	◯

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